

We are one week away from the 2021 Mount Laguna Trail Marathon! Below is some final info to help ensure you have a great race day.

1. PARKING. Please carpool if possible. Runner parking will be located along the Sunrise Highway immediately adjacent to the Start/Finish. The earlier you arrive, the closer you will get to park

Please follow the directions of race officials/parking marshals, as well as all posted no parking signs. And please park completely off the road, with your tires off of the white line.

A Cleveland National Forest Adventure Pass will NOT be required to park along Sunrise Highway at the Start/Finish. A pass IS required to park at the Pioneer Mail Aid Stations.

2. RUNNER CHECK-IN. Runner check-in will begin at 7am and last until 7:45am. At check-in you will receive your bib number which must be visible at all times throughout the event.

Mt. Laguna is a cupless race. You will receive a reusable running cup at check-in to use during the race and at other races in the future! There will not be cups available at Aid Stations.

There will be some breakfast items available as well as a small amount of hot coffee.

The pre-race brief will be at 7:50 and the race will begin promptly at 8am. Late starts are not permitted.

3. DAYLIGHT SAVINGS TIME. Don't forget to turn your clocks back the night before the race.

4. COURSE MARKING. The course will be marked with **Orange Ribbons and Orange Surveyor Flags**. A ribbon will be placed approximately every 3-5 minutes of running time for confidence. There will be multiple ribbons placed at junctions and turns.

It is your responsibility to review the course maps and to have a general idea of where you are going prior to beginning this event. There is cell reception over much of the course should you want to carry your phone.

5. WEATHER. Please check the weather before race day and plan accordingly. We often get cold and windy weather on race day, some years it heats up and some years it doesn't. You will have the opportunity to shed layers at the first two Aid Stations and retrieve the clothes at the Finish Line. Bring a jacket, hat, gloves as well as warm, dry clothes to change into after the race for hanging out!

If for whatever reason there is a U.S. Forest Service closure, or if there is hazardous weather that would jeopardize the safety of runners and/or volunteers we will notify you as soon as possible.

6. RUNNER TRACKING. Please keep your bib number visible at all times during the race. Upon entering each Aid Station please announce your bib number to the volunteers.

If you decide to drop out of the race for any reason, you MUST give your bib to the Aid Station captain. If you leave the course without properly notifying an Aid Station Captain, you will be responsible for any costs associated with any Search and Rescue efforts.

7. CREW/ PACING/ SPECTATING. Pacing is not permitted. Crewing a runner (meaning to provide aid or assistance of any kind) is only permitted at Pioneer Mail Aid Station.

Spectating is permitted at the Penny Pines 1 & 2 Aid Stations (parking is VERY limited and only allowed on the **East Side** of Sunrise Highway) and the Pioneer Mail Aid Station (please park only around the perimeter of the lot.)

Please note that you are responsible for your spectators and they should follow all posted speed and parking signs on Sunrise Highway as well as follow the direction of all race officials and parking marshals.

8. NO DOGS PLEASE. Failure to abide with this rule may lead to your disqualification, and our loss of permit.

9. LITTERING/RESTROOMS. Porta-johns will be available at the Start/Finish and Penny Pines; pit toilets are available at Pioneer Mail. If nature calls while on the trail, please take care of it off the trail. If you are at the back of the pack, leave your pack or water bottle on the trail to alert the safety sweep runners so they do not pass you and continue to remove ribbon markings

PLEASE DON'T LITTER. If you are seen littering you will be disqualified from the race, and will not be invited back to run in future years. If you see any garbage on the trails please carry it to the next aid station where you can properly dispose of it.

We are excited to partner with TerraCycle to collect and recycle nutrition wrappers. Please look for the TerraCycle boxes to dispose of your wrappers at each Aid Station.

10. VOLUNTEERS. We have a large number of volunteers who support and enable you to run this event. Please thank the volunteers as you pass each aid station and at the Start/Finish to show you acknowledge their contributions and time.

11. FINISH LINE AND SOCIAL. We truly hope that everyone will bring a camp chair and stick around after the run for some hot food and to share stories with friends.

There will be hot food available beginning around noon until the last runners cross the finish line. We will be providing tamales, rice and beans, soup and desserts! We will have a variety of beverages, but BYOB is encouraged, as is discretion since we will be sharing the start/finish area with others on race day. Please drink responsibly, especially if you are driving home.

12. SPONSORS AND BENEFICIARIES. Thank you to these amazing companies who outfit us with the best gear and nutrition products available – your support of this race is always beyond expectations and we are all appreciative.

Injinji Toesocks, Tailwind Hydration, Patagonia, Milestone Running Shop, Rabbit, Orange Mud, Chico Bags, Kokua Suncare, and Plant Life Soap Company!

Thank you also to the organizations who tirelessly do their jobs in the background to keep us safe, to keep trails clear, and to promote the sport so it will grow in a positive direction. This year we will continue to provide donations to TrailFit and San Diego Ultra Running Friends (SURF) as well as to Runners for Public Lands.

Thank you to our U.S. Forest Service Ranger Tracy Knapp. This race, and all the races in the Descanso District of the Cleveland National Forest are better because of her effort.

If you have any questions or concerns don't hesitate to contact us! See you on Sunday, November 7th!

Your RD's,

Kathleen Baker
Mike Tamoush